PHILIP SEYMOUR HOFFMAN, 1967-2014

THE ACTOR WAS FOUND DEAD IN HIS NYC APARTMENT ON SUNDAY. PAGE 07

metro®
BOSTON Monday, February 3, 2014 www.metro.us | t: MetroBOS | f: MetroBoston

'Why not us?' Wilson, Seattle win Super Bowl

PAGE 13

No boys allowed. Boston Lady Project is a new nonprofit organization that aims to connect, inspire and showcase women who like to get things done. **Not your average meet-up.** With a significant social aspect, the events cover much more than just the usual business card exchanges. PAGE 02

Hey, lady!

Back Bay blaze. Officials say smoking caused 7-alarm fire PAGE 04

Mindfulness. Turn that frown upside-down with inversion PAGE 10

Career. What smart women know about finding success PAGE 11

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@SenScottBrown is at it again with the pocket tweets.

To our readers

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Lady bosses: New group aimed at driven women

Boston Lady Project. Ambitious and creative women are invited to join a new networking group.

Participants mingle at the kick-off event for the Boston Lady Project on Jan. 23. / DELIA HARRINGTON

Forget the boys club. Now, ambitious female Bostonians can join forces with a nonprofit organization that aims to connect, inspire and showcase women who get things done.

Boston Lady Project recently launched, welcoming female business leaders, entrepreneurs and creative-types to attend monthly meet-ups that cover more than just the usual business card exchanges.

"I was psyched about [Boston Lady Project] from the beginning. I've been so excited to be a part of something that connects multiple networks of women in Boston," said Boston Lady Project City Manager Ellen Cooper, 24.

Cooper, who works in marketing and is the only woman in her Cambridge office, said she was eager to spearhead a local chapter to help fellow female up-and-comers grow their social circles. Along with fellow co-manager Taylor Cotter, the pair are pushing to get the word out to potential members.

Providence Lady Project founders Julie Sygiel and Sierra Barter have celebrated two successful years at their chapter, and have since opened a New Haven chapter.

"Here in Rhode Island you always hear something along the lines of, 'You need your carpets cleaned? I know a guy. Call Tony, he'll take care of you. Tell him Mickey sent you.' We want to change that a little bit. We want it to be 'I know a girl,'" Barter told Get RI Magazine.

Cooper said group's Boston kick-off event drew about 85 women to Work Bar in Cambridge last month.

"There was a lot of positive energy. Because of the success of the Providence chapter, organizers were pretty good about getting the word out," she said.

The main difference between Boston Lady Project and most other Boston-area networking groups is that, although there is a professional aspect, much of the activities are aimed at socializing.

Dates have not yet been set, but organizers plan to host "active nights" that will likely include yoga, running, book discussions and paint nights.

"Those events are purely meant to be social and get women out of their normal circle and meeting each other," said Cooper. "Our generation is reading 'Lean In' and deciding who they want to be as working women, and there is a big push to have a social element."

Of course, some events will focus on professional issues, such as "three by three" events in which three local women of different backgrounds, industries and career levels share their story in three minutes.

"We have no requirements other than you are a woman or identify as a woman. You don't have to be involved with any specific profession. We didn't want to limit it or isolate anyone," said Cooper.

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How to make it happen

The Lady Project offers memberships with benefits at $35 a year for individuals.

- Perks include discounted access to members-only events, as well as access to private networking groups and social media promotion.
- The Lady Project Summit will bring together women from all three cities — Providence, Boston and New Haven — in Providence on April 12.
- Visit www.bosladyproject.com for more info, or to find out about upcoming events.

Quoted

"Boston has lots of start-ups that are run by women, and could have more with the right exposure. This kind of group helps make that happen."

Ellen Cooper
Boston Lady Project City Manager

Medical marijuana. DPH announces 20 licenses

The Department of Public Health on Friday announced 20 provisional licenses for medical marijuana dispensaries, including two in Boston.

The law authorizing medical marijuana in Massachusetts, which was approved by voters in 2012, called for up to 35 licenses to be issued, with at least one in every county.

With four, Middlesex County — the state's most populous county — received the highest number of dispensary licenses, which will be located in Lowell, Ayer, Newton and Cambridge. SHNS

Dangerous driving

Car crashes into Southie office

A man drove a car into a real estate office on East Broadway in South Boston Saturday morning, according to the Boston Fire Department.

The cause for the crash was unclear. The driver was taken to the hospital with minor injuries. METRO

T crime

Medford man arrested for selling 'molly' at South Station

Brendan Daddario, 24 of Medford, was arrested Friday for allegedly selling an MDMA club drug at Boston's South Station. T Police said Daddario sold a controlled class B substance, known as "molly," in the Commuter Rail area of the station around 9 p.m. He is due in court today. METRO

Daddario / TRANSIT POLICE

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The fire displaced 40 residents and caused an estimated $2.5 million in damages. / NICOLAUS CZARNECKI, METRO

Smoking was cause of 7-alarm blaze

Back Bay blaze. Officials will take a closer look at fire safety in old buildings following a weekend fire.

Boston Fire officials said a 7-alarm Back Bay fire that displaced 40 residents and injured three firefighters Saturday afternoon was caused by the careless disposal of smoking material.

The fire tore through a six-story building located at 31 Massachusetts Ave. around 2 p.m. after a blaze was sparked in a rear fifth-floor apartment, according to the Boston Fire Department, which live-tweeted its emergency response on Twitter.

Flames spread to the 6th floor of the 30-unit apartment building, setting off fire alarms and prompting residents to evacuate the building.

About 150 firefighters responded to the scene, extinguishing the blaze in about an hour.

Fire Department spokesman Steve MacDonald said damage was estimated to be $2.5 million. The building will be uninhabitable for the foreseeable future, MacDonald said.

Three firefighters were treated at local hospitals; one for smoke inhalation, one for a neck burn and another for a wrist injury.

None of the residents were injured, according to fire officials. The building, because of its age, did not require sprinklers throughout the building.

Following the fire, Boston Mayor Marty Walsh said he would work with state legislators to prioritize safety in buildings that had been grandfathered under outdated fire regulations.

Lending a hand

The Fire Department's Victims Assistance Unit, Red Cross and mayor's office are helping to find housing for displaced residents.

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Census. The number of those homeless in Hub increased last year

Boston's homeless population increased by nearly 4 percent in 2013 over the previous year, according to an annual census conducted in December.

The results of the 34th Annual Homeless Census show a 3.8 percent increase in the number of homeless men, women and children in Boston, with the point-in-time count of 7,255 homeless persons, compared to 6,992 in 2012.

"These numbers are very troubling, and paint a stark picture of vulnerable populations in our city," said Boston Mayor Marty Walsh of the results, which were released Friday.

"Major cities around the country are seeing these kinds of increases, as rents go up and incomes don't. My vision for Boston is that we want to be a city that works for all of our residents, where stable families have safe and stable housing, in stable neighborhoods. I am asking our whole community to work with me and rally around these issues."

Relative to most major cities, Boston has few homeless adults living on the streets. The street count made up approximately 2.5 percent of the total homeless count.

Walsh said city agencies will work with Pine Street Inn and Boston Health Care for the Homeless to help people find permanent housing.

Furthermore, the Boston Public Health Commission, which already supports access to substance abuse treatment options at city-run emergency shelters, said it will work with other shelter providers to develop a city-wide strategy for connecting guests to care.

MORGAN ROUSSEAU

By the numbers

1,234

About 1,234 homeless families were identified on the night of the census, a 5.8 percent increase over 2013.

2,056

Census volunteers counted 2,056 homeless children, an increase of 4.3 percent over the previous count.

2.5%

The street count made up approximately 2.5 percent of the total homeless count.

'Ms. G' says more winter

Brace yourself Boston, because according to a local groundhog, the region is in for six more weeks of winter. Drumlin Farm's groundhog "Ms. G" came out of hibernation Sunday during a ceremony in Lincoln and, just like Pennsylvania's Punxsutawney Phil, caught a glimpse of her own shadow. The seventh annual event was attended by dozens of families and several local meteorologists. / NICOLAUS CZARNECKI, METRO

Winter weather

More snow expected

After a delightfully mild weekend, Boston can expect the coming days to bring more snow.

The National Weather Service is forecasting a slight chance of snow mid-day today, with more expected late Tuesday night into Wednesday. METRO

Two strikes

Alleged T masturbator arrested again

A man arrested last Tuesday for allegedly masturbating in front of a woman on a Green Line platform at Hynes Station was again arrested for a similar incident in 2013.

Salah Koutaiby, 49, of East Boston, now faces a second charge of open and gross lewdness after a woman recognized him to be the culprit who allegedly exposed himself and masturbated while staring at her on March 25 on the same platform.

"Apparently this was not [Koutaiby's] first time sexually harassing women and committing lewd acts in public," T police said in a statement.

Koutaiby / TRANSIT POLICE

METRO

Stalled bill

Rep. Ryan says immigration bill 'in doubt' this year

Paul Ryan, a Wisconsin Republican congressman and key player in the immigration reform debate, on Sunday said that it is uncertain whether a broad immigration bill will reach President Barack Obama's desk by the end of the year.

Immigration reform legislation, which the Senate has already passed, has stalled in the Republican-controlled House.

Asked in an interview that aired on ABC's "This Week" if Obama would get a bill to sign this year, Ryan replied: "I really don't know the answer to that question. That's clearly in doubt."

Quoted

"We don't know who's coming and going in this country. We don't have control of our borders."

Ryan

Last June, the U.S. Senate passed a comprehensive bill that would provide a path to citizenship for immigrants living in the U.S. illegally and tighten border security.

The bill stalled in the House, and some conservative Republicans in both chambers remain staunchly opposed to offering legal status for millions of adults who live in the U.S. unlawfully.

Ryan said Republicans have made it clear that they will not be forced to compromise with the Senate on a deal and refuse to go to conference committee with the Senate immigration reform bill. REUTERS

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Obama awaits more Keystone reviews; his timing unclear

Activists march to the U.S. State Department to fight the Keystone XL pipeline in August 2013 in Washington, D.C. / GETTY IMAGES

Report. It concluded the pipeline's impact on climate change would not be significant.

President Barack Obama still wants to hear from other federal agencies before deciding whether to accept the State Department's finding that the Keystone XL pipeline would have no major impact on climate change, his top aide said on Sunday.

White House Chief of Staff Denis McDonough said Obama would decide once the Environmental Protection Agency, Energy Department and other federal experts offer their assessments of the State Department review, as well as their own analysis.

But McDonough offered no word how soon Obama may rule.

Pressure on Obama to approve the project mounted on Friday with the release of the State Department report.

Appearing on NBC's "Meet the Press" and CBS's "Face the Nation," McDonough said the president's top concern remains the environment, not election-year politics.

The State Department report riled environmentalists, many of whom are part of Obama's liberal base. Yet it delighted the project's backers who include congressional Republicans as well as some of Obama's Democrats up for re-election this November. REUTERS

Project

$5.4B

Backers argue that the State Department's findings should clear the way for prompt approval of a bid by TransCanada Corp. to build the $5.4 billion project, which would transport crude from Alberta's oil sands to refineries on the U.S. Gulf Coast.

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"We are devastated by the loss of our beloved Phil and appreciate the outpouring of love and support we have received from everyone," said Hoffman's family in a statement. "This is a tragic and sudden loss." / GETTY IMAGES

Oscar-winner Philip Seymour Hoffman dead at 46

See more at www.metro.us

RIP. One of our great actors has passed, leaving a rich body of work.

To the list of those who died while they still had so much more to give us, add Philip Seymour Hoffman. The Academy Award-winning actor of "Boogie Nights," "Almost Famous," "Capote" and "The Master," among many others, was found dead in his apartment Sunday, Feb. 2, of a reported drug overdose. He was 46 years old. He is survived by his partner Mimi O'Donnell and his son Cooper and daughters Tallulah and Willa.

Hoffman, born in Waterloo, N.Y., in 1967, attended NYU's Tisch School of the Arts, where he obtained a BFA in drama. After years of small roles in big films, such as "Scent of a Woman" and "Twister," he got his big break with Paul Thomas Anderson's "Boogie Nights." Playing an awkward boom mic operator with a crush on a porn star (Mark Wahlberg), he instantly became the kind of actor you want to see in everything.

Others felt the same. He was suddenly everywhere: as an ass-kissing personal assistant in "The Big Lebowski;" as a lonely sex addict in Todd Solondz's "Happiness;" even Robin Williams' roommate in "Patch Adams."

Hoffman won his Oscar — and many other awards besides — for "Capote," in which he embodied the author Truman Capote as he investigated the events that would form his book "In Cold Blood."

But the trophy could have easily gone to several other performances. Among those would be his turn in "Almost Famous," in which he nailed the sour charisma of music critic Lester Bangs.

In addition to his extensive film work, he was a prolific theater actor. He scored three Tony nominations, for "True West" in 2000, "Death of a Salesman" in 2012 and last year's mounting of "Long Day's Journey into Night."

There remain two "Hunger Games" sequels to come, which feature him as Plutarch Heavensbee, plus the John Slattery-directed "God's Pocket," which just played at Sundance. We recommend digging into his back catalogue. Most recommended are his turns in "The Talented Mr. Ripley," "Punch-Drunk Love," "Owning Mahowny," "Charlie Wilson's War," "The Savages" and "Synecdoche, New York."

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What we know so far

- On Sunday, at a little bit before noon, New York City police responded to a 911 call. Upon arrival to a West Village apartment, police found Hoffman unconscious and unresponsive, lying on the bathroom floor. EMS later pronounced him DOA at the scene. A law enforcement official said that it was apparent Hoffman suffered an overdose; the needle was still in the actor's arm. However, an investigation is ongoing by the NYPD. The Medical Examiner's Office will determine the cause of death.
- The actor had battled drug and alcohol addiction but had been sober, reports say, until May 2013 when he relapsed. At first the news was hard to confirm, as Hoffman had been the subject of an Internet death hoax as recently as a few days ago.

Other NYC overdoses

Sadly, Philip Seymour Hoffman wasn't the only star to bow out amid drug abuse in the big city. Here are four other tragedies that involved the deadly combination:

- Heath Ledger, 28, died on Jan. 22, 2008, from an accidental overdose from prescription drugs. His body was found in his SoHo apartment by his housekeeper and masseuse.
- Adam "DJ AM" Goldstein, 36, was found dead in his Lafayette Street apartment from an overdose of cocaine and oxycodone on Aug. 28, 2009.
- Sex Pistols bassist Sid Vicious, 21, died on Feb. 2, 1979, at his girlfriend's West Village apartment from a heroin overdose.
- Haitian-American artist Jean-Michel Basquiat, 27, died from a heroin overdose in 1988 at his art studio on Great Jones Street in NoHo.

LASSE EMIL KRISTIANSEN

LEDGER

CULTURE

Twitter feed

Hollywood's best and brightest mourned on Twitter on the passing of Philip Seymour Hoffman yesterday.

@aaronpaul_8: We lost one of the greats today. Philip Seymour Hoffman RIP my friend. You will be missed always and forever.

@TheEllenShow: Philip Seymour Hoffman was a brilliant, talented man. The news this morning is shocking and sad. My heart goes out to his loved ones.

@joelmchale: Rest in peace Philip Seymour Hoffman. You were one of the best. You're gone way too soon. #RIPPhilipSeymourHoffman

@evanrachelwood: I am sad on so many levels about the loss of Philip Seymour Hoffman. One of the greats. Losing him this way is absolutely tragic.

@lenadunham: Beautiful beautiful man. We have lost so much joy to something so joyless. RIP PSH.

@Jon_Favreau: RIP Philip Seymour Hoffman. So sad. Such a great talent.

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Pretty sights

'Mother of George'

The most beautiful film that came out last year, Andrew Dosunmu's hypnotic drama hangs among a Nigerian enclave in Brooklyn, where a new bride ("The Walking Dead"'s Danai Gurira) is struggling to give her barren yet stubborn husband (Isaach De Bankole) a son. But plot takes a deep backseat to a sense of place that's both claustrophobic and inviting.

Danai Gurira / MAGNOLIA

'COME BACK, AFRICA' SLYLY EXPOSES 1950S APARTHEID

"Come Back, Africa" was filmed in the late 1950s on the sly in apartheid-era South Africa. / MILESTONE FILMS

'Come Back, Africa'

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The story of "Come Back, Africa" could be the next "Argo." In the late 1950s, American filmmaker Lionel Rogosin went to South Africa. He told officials he simply wanted to make a harmless travelogue. It was a lie: What he really wanted to do was make a damning portrait of apartheid and reveal it to the rest of the world. When it finally premiered in New York in 1960, the Sharpeville massacre had just killed 69 people.

A follower of Robert Flaherty, the pioneering documentarian of "Nanook of the North," Rogosin borrowed his use of making fiction out of reality. Non-actors play out the story of a young Zulu (Zacharia Mgabi) who travels to Johannesburg to find work, only to get caught up in absurdist bureaucracy: To work he needs a working pass, but he can't get a working pass without work. He drifts from odd jobs, including for racist white Afrikaners, and gets embroiled in the organized crime that has cropped up among the oppressed masses.

"Come Back, Africa" is a polemic, intended to strike a nerve and change the world. But it's more than that. It's as much interested in helping people as it is learning about them. Music becomes a great excuse to halt the narrative. One protracted hang-out sequence begins as a political chat then turns into a showcase for singer Miriam Makeba, who was on the cusp of explosion. The characters aren't mere victims — even with their rights curtailed, they're very much alive.

DISC JOCKEY
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Also out

'Jules and Jim'

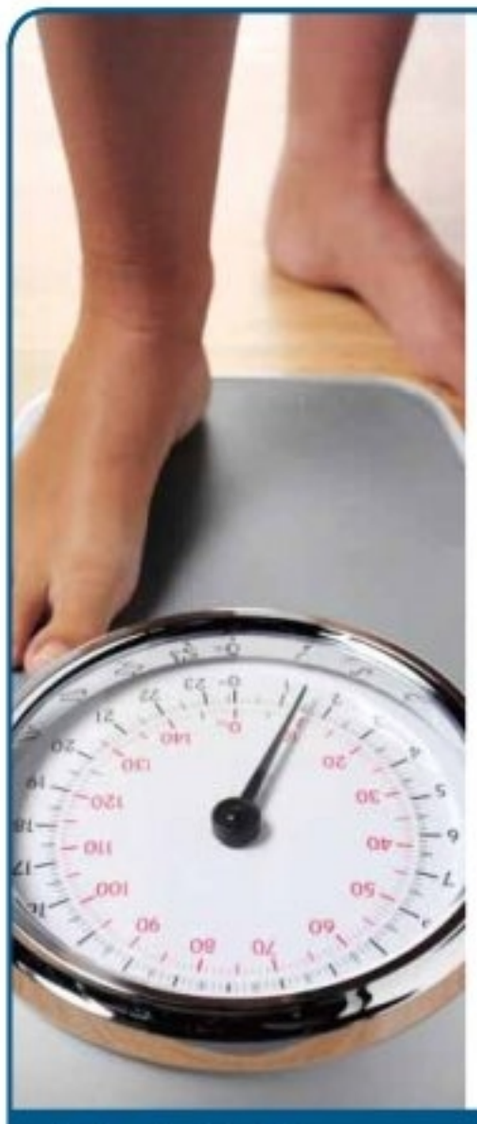
Francois Truffaut's third feature is a typically conflicted view on love, with two pals who spend their lives dueling for Jeanne Moreau's affections.

'The Escape Plan'

The masses didn't want to watch old Sylvester Stallone and Arnold Schwarzenegger break out of a high tech prison run by James Caviezel?

'Dallas Buyers Club'

Matthew McConaughey will probably win his Oscar for playing a homophobe with AIDS who throws a lot of "Erin Brockovich"-ish tantrums but never much becomes less of a homophobe.



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It was a good day (again)

Box office.
Ice Cube and Kevin Hart score a three-peat win with "Ride Along."

Top 5 earners

1 **'Ride Along'** $12.3 million

2 **'Frozen'** $9.3 million

3 **'That Awkward Moment'** $9 million

4 **'The Nut Job'** $7.6 million

5 **'Lone Survivor'** $7.2 million

Buddy cop comedy "Ride Along, starring Kevin Hart and Ice Cube, cruised to a third straight weekend at the top of the box office charts, out-earning new release "That Awkward Moment."

"Ride Along" collected $12.3 million in ticket sales over what was a slow Super Bowl weekend at many domestic movie theaters. The film has collected $93 million since its January 17 release.

Second place went to the long-running Disney hit, "Frozen," which earned $9.3 million and benefited from newly added "sing-along" shows, pushing its total since opening in late November to more than $360 million, according to box office tracking firm Rentrak.

"That Awkward Moment" was third with $9 million in ticket sales at U.S. and Canadian theaters from Friday through Sunday. The film stars Zac Efron as one of three friends who pledge to stay single.

Ice Cube basks in the box-office glory of "Ride Along." / QUANTRELL D. COLBERT

On the Super Bowl weekend, moviegoers spent about $85 million in the domestic market, which includes theaters in the United States and Canada.

Focus Features, the studio that released the low-budget $8 million film "That Awkward Moment," said it was "designed as counter programming with a target audience of female moviegoers," noting that it "scored best with our primary audience of younger females."

"Labor Day," the other new release this weekend, collected $5.3 million in ticket sales to open in the No. 7 slot. The film, starring Josh Brolin and Kate Winslet, is about an escaped convict who takes refuge in the home of a depressed single mother.

Rounding out the top five, the animated film "The Nut Job" took fourth with sales of $7.6 million, while Mark Wahlberg's Afghanistan war film "Lone Survivor" was fifth with $7.2 million. REUTERS

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You have control over your mood.
WAVEBREAK MEDIA

3 WAYS TO INSTANTLY LIFT YOUR MOOD

In the midst of busy schedules and managing to-do lists, happiness can become an afterthought and a bad mood can come on quickly. Maybe you didn't get enough sleep, or maybe your boss is pissing you off. Whatever the case may be, it's important to know that there is a way out. You have the power to shift your focus and reorganize your energy to change your mood in any given moment. Follow these three steps and empower yourself with tools to get happier quickly.

1 Don't try to change the world around you. Just change the way you see it. All of the experiences that you have are a direct reflection of your internal beliefs. By cleaning up those beliefs you can clean up your life. Take an inventory of the ways that you project negativity into your life. Maybe you spend hours daily complaining about your boss. Or maybe you constantly obsess over your weight. Whatever you focus on grows — therefore, it's time to shift your focus. Choose one area of your life where you're the unhappiest. Then for the next 40 days, commit to focusing on the good stuff. Change your thoughts, words and actions. Be diligent about this practice and you'll quickly begin to experience miraculous shifts in this area of your life.

2. Turn your mood upside down

Plow pose

One of the best ways to get your happy on is with a simple inversion. Turn your negativity upside down with an inversion for one minute (or more) a day.

Move into a shoulder stand: Lie on your back, and press your legs straight up overhead. Exhale and bend from the hip joints to slowly lower your toes to the floor behind your head. Keep your torso perpendicular to the floor and your legs fully extended. Lightly drop your toes to the floor and lift your thighs and tailbone toward the ceiling. Draw your chin away from the breastbone and soften your throat.

To enhance the posture, you can press your hands against the back torso and press your back up toward the ceiling. You can use your hands for support or you can release them away from your back and stretch your arms out behind you on the floor.

To exit the pose, drop your hands onto your back again and raise your legs into a shoulder stand and exhale your way down to the ground.

This simple practice can turn your bad mood, stress or foggy mind upside down and recharge your energy. Most importantly, inversions will lift your spirit and relieve depression. When you increase your circulation and send oxygen to the brain, you release neurotransmitters and endorphins while balancing your hormones. This will make you happier!

PLOW POSE
STOCKBYTE

3 Change your breath pattern. The moment we change our breath pattern we change our energy, thereby changing our experience. Whenever you notice yourself about to relapse into your negative behavior, take a long, deep breath. Your calm and centered energy will support you in positive behavior.

Whenever you notice your mood's gotten the best of you, practice one of these tools and find your way out. You have far more power than you think you do. Take your happiness into your own hands and start consciously changing your mood today.

For a free half-day workshop with Gabrielle, visit www.gabbyb.tv/miracles.

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Gabrielle Bernstein is the author of "Spirit Junkie."

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ASHLEY MILNE-TYTE

Ashley Milne-Tyte is a radio producer and reporter based in New York City. She hosts a bimonthly podcast called "The Broad Experience" about women in the workplace. Listen in at www.metro.us.

REDEFINING SUCCESS

Success means hard work, and hard work gets harder when you're preoccupied with self-judgment. / COLOURBOX

The beginning of the year brings plenty of articles on success — attaining it and sustaining it. Depending on your personality, this onslaught of encouragement can bring enthusiasm or despair. There tends to be one dominant version of success in our society, and it's the shiny, "get to the top with all the trappings" version, which can make some of us feel bad or as if we're not doing enough.

Many women, myself included, are self-critical. We expect a lot from ourselves. We go over and above the requirements on every project. Women's leadership coach Kathy Caprino says many of her clients are "perfectionistic over-functioners," doing "more than is necessary and more than is healthy" in their work and home lives.

Those of us who have branched out on our own may wilt when we think a particular entrepreneurial project isn't working. We berate ourselves for not achieving success fast enough and wonder if we should give up.

"Realize that everything we create of meaning and value requires work," says Caprino. "It doesn't fall in your lap." Even if you think you know someone for whom success has happened "overnight," in all likelihood it hasn't.

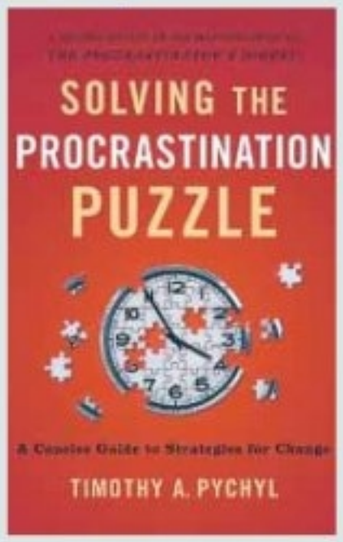
Another way to think about success, according to mindful leadership coach Emily Bennington, is to re-frame it altogether. After years of trying the corporate ladder approach — basing her success on her title, goals met and how she compared to her colleagues — she burned out. Bennington decided that to be happier at work she had to put less emphasis on outward signs of accomplishment, and "more emphasis on the things I could control."

"What I discovered was the only thing I can control is me: my attitude and how I show up every day," she says.

These days, Bennington's definition of success is whether she's lived by her own set of values. She says when she pulls that off, she tends to achieve what she set out to do. It's not that she doesn't have goals any more — she does — but "you have to be able to detach from them if you want to have any kind of peace in your life."

There are a lot of bumps on the road to a meaningful work life. It's hard not to let others' perceptions of your work or personality derail you at times. Still, perhaps the biggest challenge for some of us is daring to call ourselves successful in the first place.

Advice



Tips to avoid procrastination

Just get started. "It's that precipitous moment of 'I should do this, I should intend to do this' but 'I don't feel like it.' Just get started instead of avoiding. When we have even a little bit of progress on a goal, it fuels our well-being."

Create an implementation intention. Instead of making a broad goal like working on an assignment this weekend, make a specific decision; for example, right after coffee on Saturday morning, I'm going to read the first five pages of that chapter. "Situation X, I will do behavior Y."

Make the work easy. "Preempt that which tempts," says the author. Make the work easy by ensuring all of the assignment materials are readily available and more distracting things aren't easily accessible.

VICKI SALEMI
letters@metro.us

Done today, play tomorrow

On it. Don't fall into the trap of putting things off.

That pile of books isn't going to read itself — dive in and move on. VICTOSHA2013

As students immerse themselves in a new semester, it's only a matter of time before all-nighters steadily creep in. It doesn't have to be that way, says Timothy A. Pychyl, Ph.D., author of "Solving the Procrastination Puzzle: A Concise Guide to Strategies for Change."

In fact, the associate professor of psychology at Carleton University in Ottawa says that when students indicate they work well under pressure, experimental evidence says that's actually false. "You think your stuff is good because you're so elated that you finally pulled it off," he explains.

Although students will say they're unable to start pouncing on work until the last minute, Pychyl says binge-studying efforts are "a lot of excuses." The reality, he says, is that when people dig into an assignment, that perception of it "doesn't seem as difficult or stressful and they don't have as much uncertainty."

Immersed in campus life with the semi-monthly workshops he conducts in residences, he points out 95 percent of students procrastinate and the other 5 percent are lying.

Referring to self-discipline and organizational skills to tackle assignments head-on, he says there's a bigger story unfolding. "Procrastination is an existential issue; it's not getting on with life itself. This is not a dress rehearsal."

Not choosing to forge ahead is a choice in itself and as students procrastinate, they have to "wake up and say, 'This is my life, I want to make something of it,'" Pychyl says.

It's easier said than done, of course. The semi-good news? By delaying one crop of assignments, like writing essays, students can be productive by focusing on another task instead.

Putting things off that seem difficult is extremely common and can affect other areas of students' lives. Chronic procrastinators don't exercise as much or eat as well, he says.

Pychyl says that, really, there isn't any upside to putting things off: "We delay every day; that's part of setting priorities," he says.

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Horoscope

Aquarius | Jan. 21-Feb 18. If you trust friends with your secrets, you can expect them to blow the whistle. It is best not to depend on others. You can make the most headway if you work alone.

Pisces | Feb. 19-March 20. Your energy should be directed into moneymaking ventures. Don't hesitate to look into career opportunities that allow you to learn on the job.

Aries | March 21-April 20. Superiors will appreciate your skills, knowledge and expertise. Network with contacts who will introduce you to people in influential positions. Share your ideas.

Taurus | April 21-May 21. Volunteer your services to raise your profile. Contribute what you can, and don't be shy regarding input, but be discreet about personal matters.

Gemini | May 22-June 20. Don't expect to get a bargain. Avoid buying anything that you don't really need. Decisions made in haste will lead to regret. Be cautious while traveling and don't make promises you cannot keep.

Cancer | June 21-July 22. You will gain support if you ask for help. A healthy debate will show your loyalty and dedication and make inroads with people you want to get to know better.

Leo | July 23-Aug. 22. Travel for business or pleasure in order to make interesting connections. A lasting relationship or business partnership will develop.

Virgo | Aug. 23-Sept. 22. Love and romance are on the rise, and an interesting development will take place with someone you know through work or extracurricular activities. Nurture minor ailments.

Libra | Sept. 23-Oct. 22. Social events will lead to unusual opportunities. Your openness and sophisticated way of dealing with situations will attract someone who has plenty to offer in return.

Scorpio | Oct. 23-Nov. 21. Look for someone unusual who will inspire you to pursue a lifelong dream. Working with others will encourage you to broaden your horizons and take on challenges.

Sagittarius | Nov. 22-Dec. 21. Travel will lead to adventures, but don't be surprised if you end up in debt due to unexpected expenses. A friendship may be tested if someone withholds information.

Capricorn | Dec. 22-Jan 20. Domestic problems will surface if you can't get along with the people you live or deal with daily. Listen to any complaints being made. BERNICE BEDE OSOL

Letters

Give Congress a taste of its own medicine

Re: 'Don't get greedy for power, Mr. President' (Metro, Jan. 31 to Feb. 2) What the letter writer in Friday's Metro fails to realize is that you have one branch of government that is not working for the people they are paid to serve. Instead, they are holding the country hostage by putting a stop to any kind of legislation that may help the majority of the people in this country. I say let the president do his executive orders; if they are unconstitutional, the only branch of government that can do something in Washington, the judicial branch, can deal with it. In the meantime, my suggestion for an executive order would be to reduce those six-figure salaries most congressmen and senators make to the current $7.25 an hour that minimum-wage workers get until they accomplish something — or better yet, give them unemployment for six months, since that's what they would be making as private sector employees who accomplish nothing besides ignoring their employers (us).
DANIEL JELKE, VIA EMAIL

Have mercy in the morning, Metro

Re: 'Do you know how to go downtown?' (Metro, Jan. 30) Let me share with you a few phrases that I never again want to read while riding the subway to work: "Funky Brown Chick," "when I go down on her," "more than one orifice," "downtown dining enthusiast," "I really love the way you taste" and "the clit Olympics." I enjoy your advice columns, but that's a little too vivid for 8 a.m. Please take it down a notch.
LEOPOLDINE FITZCLARENCE, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

	6	2	3	1			8	7
		8	7					4
					9		6	
8			4	9			5	
				2				
	4			5	6			8
	7		9					
6					1	3		
9	1			3	5	8	7	

6	5	7		8				
3	9						7	6
		8	2					
	2				5	6	3	
5								8
	3	1	4				2	
					8	3		
9	8						1	5
				9		4	8	2

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across
1 Why? (2 wds.)
6 In — (as found)
10 Outback mineral
14 Writer – Jong
15 Poetic time
16 "Fancy" singer
17 Pave over
18 Four Corners state
19 Balance-sheet gurus
20 It has a neck
22 Purple quartz
24 Aah's companion
26 "— the thought!"
27 Cure-all
31 Carried through on
32 Newsstand
33 Adjust the length
36 "Yo!"
39 Spineless
40 Rose pest
41 Thin fog
42 Orange root
43 Secret rendezvous
44 — incognita
45 Walton or Snead
46 Fastest animal
48 River in a waltz
51 Get a move on
52 Defy gravity
54 Fake
59 "Take — — from me"
60 Worn-down pencils
62 Exterior
63 Latin hymn word
64 Designer label
65 Ruffle
66 Pull apart
67 FICA numbers
68 Rash behavior

Down
1 Dagwood's neighbor
2 Two-piece cookie
3 Skater Katarina —
4 Hightail it
5 Rowboat part
6 Dallas sch.
7 Plato's vowel
8 Vagabond
9 Ignored
10 Lei flower
11 Prolific diarist
12 Discomfit
13 Trailing
21 Job-ad letters
23 Make neat
25 Half-woman, half-bird
27 Landscaped rd.
28 Town near Honolulu
29 — Chomsky
30 Set a price
34 Codgers' queries
35 Thumb a ride
36 Rodgers' collaborator
37 Philanthropist – Cornell
38 Nope opposite
40 Uniform accessories
41 Half a bray
43 Under tension
44 Seriously annoys (2 wds.)
45 Made catty remarks
47 Kind of boots
48 Raison —
49 Of birds
50 Needle cases
52 Place to hibernate
53 Black, to Blake
55 Finnish money
56 Water or tel.
57 Wooded hollow
58 Paris airport
61 Almost grads

Weekend's answer

S	K	I	D		R	O	B	E	D		D	U	D	E
T	I	D	E		V	A	L	V	E		I	R	A	N
A	L	E	C		S	T	E	E	L		S	A	R	I
N	O	M	A	D			W	R	I	G	G	L	E	D
			M	O	C	S		T	S	A	R			
F	L	I	P	F	L	O	P			L	A	M	A	S
E	U	R		F	I	L	L	S		S	C	O	W	L
T	R	E	K		O	V	A	L	S		E	B	A	Y
C	A	N	A	L		E	N	A	C	T		I	K	E
H	Y	E	N	A			S	P	A	R	K	L	E	R
			G	R	A	S		S	T	O	A			
C	L	O	A	K	I	N	G			Y	I	E	L	D
H	E	I	R		R	E	A	L	M		S	L	O	E
O	S	L	O		E	A	T	E	R		E	B	O	N
P	E	S	O		S	K	E	E	T		R	A	N	T

Interactive Crossword

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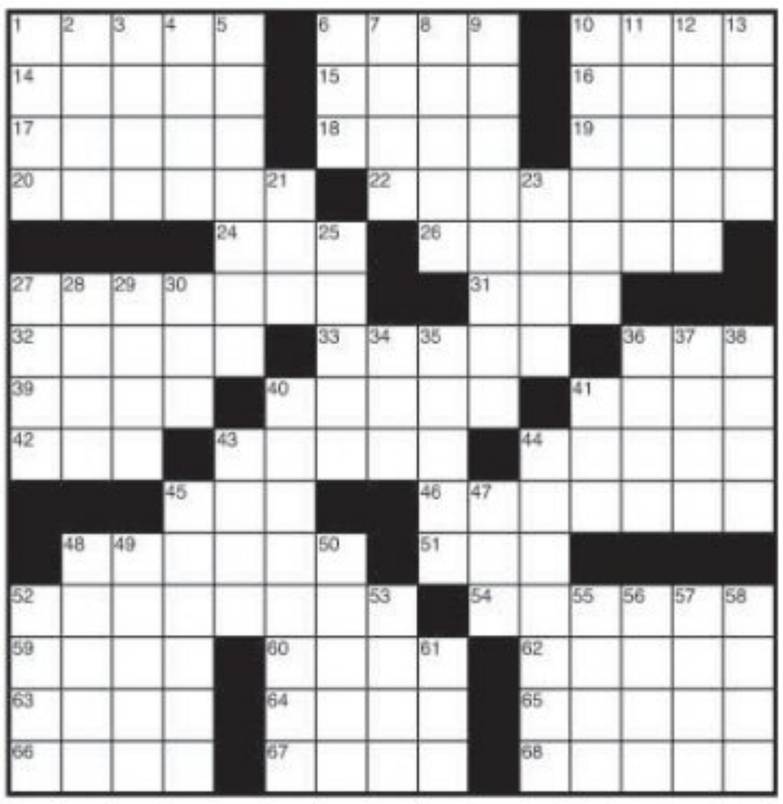

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Seattle with a Super slaughter of Broncos

NFL. The Seahawks won their first Lombardi Trophy Sunday night by blasting Denver, 43-8.

Broncos fans will never want to hear the phrase "12 seconds" again.

The Seahawks scored 12 seconds into Super Bowl XLVIII when Denver center Manny Ramirez snapped the ball out of the back of the end zone and 12 seconds into the second half when Percy Harvin returned a kickoff 87 yards for a touchdown.

Both were part of a 43-8 romp to the first Lombardi Trophy in Seahawks franchise history.

By the numbers

280

Broncos quarterback Peyton Manning threw for 280 yards, completing 34-of-49 passes Sunday, but his two interceptions helped lead to a blowout loss. Manning's passer rating was just 73.5.

Harvin, who was out most of the season following hip surgery, had 45 yards rushing as well.

Not a single Seahawks player had played in a Super Bowl, but they certainly weren't overwhelmed by the moment. Second-year quarterback Russell Wilson threw for 206 yards on 18-of-25 completions.

The inevitable questions of Peyton Manning's legacy won't stop anytime soon after he threw two interceptions — one returned for a touchdown by linebacker Malcolm Smith to make it 22-0 heading into halftime. Smith was named Super Bowl MVP after the Seattle victory.

Any hope for a comeback was eliminated coming out of the half when Harvin made it 29-0 and Jermaine Kearse caught a 23-yard touchdown with 3:11 left in the third to make it 36-0.

Denver didn't get on the scoreboard until there were three seconds left in the third quarter.

MARK OSBORNE
mark.osborne@metro.us

Seahawks quarterback Russell Wilson gives a hug to a Gatorade-soaked Pete Carroll Sunday night at MetLife Stadium. / GETTY IMAGES

Mile-low letdown

The Broncos lost just three times in the 2013 season and had not lost since Dec. 12 to the Chargers.

- All three of Denver's losses prior to Sunday night were by a touchdown or less. They lost by a combined 16 points in losses to the Colts, Patriots and Chargers. The 35-point loss was the worst defeat in **Peyton Manning's** two-year run in Denver.
- Manning now owns a 1-2 record in Super Bowls and has thrown more interceptions (four) than touchdowns (three).
- Former Patriots wide receiver **Wes Welker** is now 0-3 in Super Bowl play.

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Northeastern has legit chance to grab Beanpot

NCAA. The 62nd Beanpot begins Monday, and NU is expected to challenge BC for the crown.

One of the great traditions in New England collegiate sports gets underway Monday as the Beanpot hockey tournament cranks up for the 62nd time.

Tenth-ranked Northeastern faces Harvard at 5 p.m. (NESN) followed by No. 2 Boston College vs. Boston University at 8 p.m. (NESN). The winners face each other the following Monday at 7:30 p.m. in the championship game while the losers meet in the consolation game at 4:30 p.m. For both casual fans and hard-core hockey enthusiasts, the Beanpot still holds plenty of meaning with all of its inherited tradition and endless memories of classic games, standout players and past championships.

The biggest storyline heading into this edition of the Beanpot is that Northeastern (15-8-3 overall, 8-5-1 in Hockey East) could finally break its 25-year drought. The Huskies have only won four Beanpots, by far the lowest total of the four schools. They can't change their program's past, but this season Northeastern has proven itself week-after-week on the national level. It is no fluke that they are ranked 10th in the most recent USA Today and USCHO.com polls.

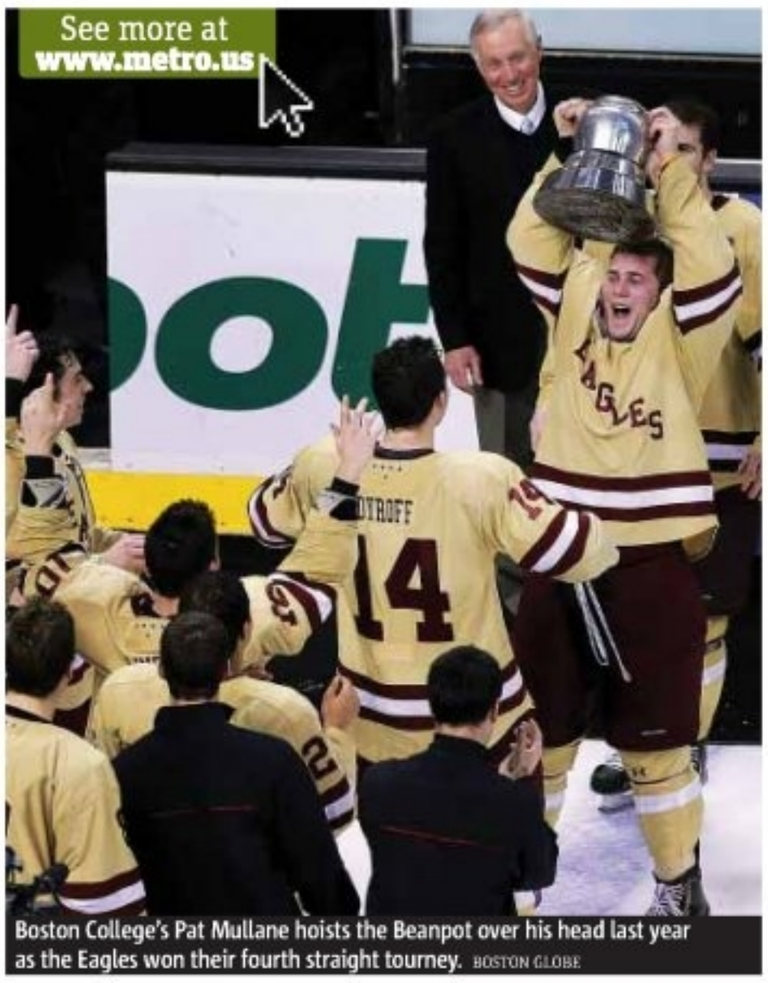
Clay Witt (13-6-2, 2.04 GAA, .943 save percentage, three shutouts) is regarded as the top goaltender in this tournament and NU also has sophomore forward Kevin Roy (14 goals, 17 assists), who took the Beanpot by storm last season.

RICH SLATE
sports@metro.us

For all the beans

NU and BC are favored to advance, but nothing typically goes as planned in the Beanpot.

- **Harvard:** The Crimson (6-11-3) come in on a positive note, having beaten Princeton last Friday.
- **BC:** The Eagles (19-4-3) are led by forward Johnny Gaudreau (23 goals, 28 assists), who leads the country in points.
- **BU:** The Terriers (8-14-3) have already dropped two games to BC (5-1, 6-4) this season.



Boston College's Pat Mullane hoists the Beanpot over his head last year as the Eagles won their fourth straight tourney. BOSTON GLOBE

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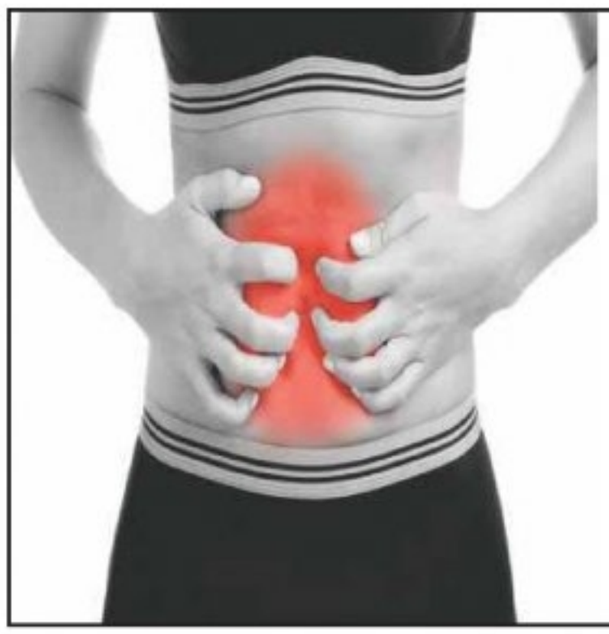

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To place an ad call Michael Doane at 617-338-6731 or email michael.doane@metro.us

Fibromyalgia

- Adults with fibromyalgia needed for a study
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Is your eating out of control?
Do you feel disgusted or guilty after overeating?

If so, you may have binge eating disorder.
Binge eating disorder is the most common eating disorder and has the potential to impact the health of those diagnosed with the disorder.
Doctors in your area are currently recruiting people to participate in a research study evaluating an investigational medication for binge eating disorder.

To be eligible to participate, you must be between the ages of 18 and 55.

Study-related care and medication will be provided at no cost to eligible participants and you may be compensated for time and travel.

Health Insurance or a doctor's referral is not needed.

Adams Clinical Trials
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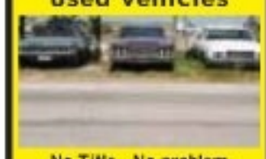

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NEVER FEAR YOUR SCALE AGAIN!

Introducing the hottest weight control product:

Give Your Body Powerful Natural Nutrients for Safe & Effective Weight Loss

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Scientists discovered that when you diet, you lose muscle mass first. So, instead of dropping unwanted fat, you lose much-needed muscle!

Working for years in their clinics, a team of weight control, fitness and nutrition experts developed a proven formula that focuses your weight loss on those extra (fatty) pounds while helping you retain the muscle tone you need for the active, healthy lifestyle you crave right now!

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« We lost fat and kept muscles, which is far from what we expected! And as we lost pounds, we discovered no 'mood swings.' EZ60 DIET works great! »

Lose weight everywhere you want and feel great!

- Suppress your appetite so you eat less.
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- **YOU TAKE ONE PILL PER DAY, 60 MINUTES AFTER WAKING UP... AND THE WORK STARTS!**

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Try EZ60DIET for just 30 Days. If you're not 100% totally satisfied with the results, simply write us a letter asking for a full and prompt product refund.

This product is not intended to diagnose, treat, cure, or prevent any disease. These statements have not been evaluated by the FDA.

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EZ60DIET is NOT available in health food shops, weight control clinics or pharmacies. You won't find this exclusive offer anywhere else.

FOR FASTEST SERVICE CALL TOLL FREE
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